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Winnipeg metro

Your essential daily news | TUESDAY, MARCH 29, 2016

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Former teammates, competitors remember Vic Peters, one of Manitoba's 'Big Three' of curling
metroNEWS

Peters at the Labatt Brier in Calgary in March 1997. The hall of fame skip died Sunday.
MIKE RIDEWOOD/ THE CANADIAN PRESS

'ONE OF THE ALL-TIME GREATS'

Highs in lows

TENANTS

More $70K+ earners in social housing, despite red flags

Braeden Jones
Metro | Winnipeg

The number of high-income earners living in low-income housing in Manitoba has increased dramatically over the past few years, despite NDP government promises that the issue would be addressed.

In 2013, Colin Craig highlighted the problem while working for the Canadian Taxpayers Federation — when 31 low-income units were inhabited by families or people earning more than $70,000 annually.

According to access to information data obtained by Craig and the Manning Centre — a Calgary-based think-tank — that count increased to 51 homes in 2015, which Craig said is "going in the wrong direction."

The government's social housing website lists a range of eligible total household incomes, dependent on the kind of home and location, but the highest eligible income is $57,000.

There were 14 taxpayer-subsidized housing units last year in which the total household income was greater than $100,000, nearly tripling the five units that were as egregiously misused in 2012.

"Most taxpayers would rather see those high-income earners removed," Craig said.

But when he first shed light on the issue, the government said the Residential Tenancies Act prevented them from removing tenants.

"To which I said, 'Change the act, it's your legislation,'" Craig said. "Just change the law."

He said there could be a "reasonable" way to amend the act and empower officials to relocate tenants once they are "back on their feet."

"You should give them a couple months notice," he said. "Give them a threshold you consider fair, but get these people out.... There's a sizable waiting list in Manitoba for these housing units."

There are approximately 2,742 Manitobans waiting to access Manitoba's social housing.

Craig is renewing his call for the government "to make sure the program is there for truly needy people."

Both the Manitoba Progressive Conservative and Liberal parties addressed the issue Monday, saying they would conduct reviews of the program. No comment from the NDP was received by press time.

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metro NEWS

Your essential daily news

Shots fired at U.S. Capitol; suspect and bystander injured. **World**

Winnipeg police attitude 'took a complete 180' on illegal U-turn

POLICING

Online video shows WPS car pulling the manoeuvre

Braeden Jones
Metro | Winnipeg

Chris Sweryda says the Winnipeg Police Service treated his complaint about an illegal U-turn as valid until he said it was a WPS car doing the manoeuvre — then, like the U-turn itself, "their attitude took a complete 180."

"Everything was considered valid until they found out it was a police car," Sweryda said.

In a video Sweryda posted to YouTube, a WPS car tickets a motorist on University Crescent near Sifton Road, then pulls an illegal U-turn in order to get back into his radar set-up location on Markham Road to catch more speeders.

Sweryda said he often sees police waiting in that spot to catch speeders pull the same manoeuvre — including driving the wrong way on Sifton, a posted one-way street.

> **Everything was considered valid until they found out it was a police car.** Chris Sweryda

Driving along... SCREENSHOT

Whoops! No U-turns allowed there! SCREENSHOT

Driving back... SCREENSHOT

... to wait for more speeders. SCREENSHOT

But when he made his complaint, he said officers told him the Highway Traffic Act (HTA) allows police to circumvent the law while on patrol.

"They said (it's OK) because he's in pursuit of violators ... their claim is police are in pursuit of violators while they are out driving," Sweryda said.

But a retired WPS traffic unit officer said that way of thinking is wrong, and the act was unlawful.

"You definitely can't do that, (it's) in the execution of your duties, just getting back to your set-up point," said Larry Stefanuik. "It's so ridiculous."

He said that in annual driving courses, police "specifically go through proper use of an emergency vehicle," and the actions recorded are "not an appropriate use."

"They just didn't want to take a longer route around to get back to the set-up," he said.

Stefanuik said even in an active pursuit, officers are trained to put safety first and would call off the chase or find another way before going the wrong way down a one-way.

He clarified that section 106 of the HTA permits officers to ignore traffic laws when in active pursuit of crime or violation, and getting back to the radar set-up point doesn't count.

According to an audio transcript of Sweryda's complaint, officers dismissing it told him the car was "performing ... laser enforcement," which "is actually in pursuit of actual violators of the law."

Sweryda says the officer wasn't in pursuit of anyone, and he is told "performing an enforcing action" is covered by the act.

When Sweryda presses to have his complaint accepted, he's asked by police if he has "anything else to be doing ... other than to be watching police officers?"

Winnipeg Police Cst. Robert Carver told Metro Monday that officers "have the ability to disregard the rules of the road effectively if proceeding to an emergency."

"It's something you don't see often but you certainly do see it," he said. "I know the concern for citizens sometimes is they don't see our overhead emergency lights activated, but depending on (the incident), officers may tactically decide not to do that."

In the complaint transcript, police tell Sweryda "the officer will be spoken with in order to put on the lights" the next time he drives that way, which Sweryda said would just be another crime.

"The HTA is blatantly clear," he said. "It's illegal for them to use their lights unless responding to an emergency."

Sweryda said he'd like complaints, even against officers, to be accepted to play out in court, and failing that, he at least wants the officer driving "to get the ticket for himself."

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Vic Peters dead at 60

SPORTS

Legendary, revered curler succumbs to cancer

Alberta skip Kevin Martin (left) and Manitoba skip Vic Peters chat at the Labatt Brier March, 1997. THE CANADIAN PRESS FILE

Russ Howard will forever cherish his final memory of Vic Peters.

It came in February in Grande Prairie, Alta., when he, Peters, Rick Lang and Dan Carey — all former Brier champions — posed for a photo with their daughters after they'd been named to the Scotties Tournament of Hearts second all-star squad. Although Peters had been diagnosed with lymphoma in 2011, Howard said the veteran curler was upbeat and jovial.

On Monday, news surfaced that Peters, who defeated Howard to win the 1992 Brier, had died at the age of 60.

"He looked so good, that's what's haunting me," Howard said during a telephone interview. "I hadn't seen him in years and we were together for a few minutes so we could get our picture taken with the girls.

"We kibitzed a bit, shook hands and laughed ... he looked great," he said. " We're really going to miss him a lot."

Peters was regarded as one of Manitoba's "Big Three" along with Jeff Stoughton and Kerry Burtnyk during the 1990s.

"Vic was a fierce competitor, there's no doubt about it," Stoughton said. "He showed his emotions on the ice but he loved the game and enjoyed the game.

Former world champion Randy Ferbey paid tribute to Peters via Twitter.

"One of the all-time greats on and off the ice," Ferbey tweeted. "Vic Peters, you will be missed."

THE CANADIAN PRESS

> **One of the all-time greats on and off the ice. Vic Peters, you will be missed.**
> Randy Ferbey

AUTOPSY

Drowning of Chase Martens confirmed

Chase Martens' parents Thomas Martens and Destiny Turner. THE CANADIAN PRESS

Drowning was the cause of death of a little boy who went missing from his rural home west of Winnipeg.

The body of Chase Martens, who was two, was found Saturday in a creek near the community of Austin.

RCMP say the Office of the Chief Medical Examiner confirmed the cause of death following an autopsy.

The search involved hundreds of people on foot and horseback, driving ATVs and in the air. His body was found Saturday in a creek about half-a-kilometre away.

Later in the day Sunday, family members took part in a vigil that was organized by the Bear Clan, a volunteer safety-patrol group from Winnipeg whose members helped with the search.

Group spokesman James Favel said the parents requested the service, which he said involved an honour singer as well as the laying of tobacco.

At the Austin Evangelical Fellowship church on Sunday, deacon Henry Peters spoke about the events, and the difficulties for Chase's family, to the congregation before delivering the Easter message.

"When we gathered here Friday morning for those of you that were here, we prayed that the Lord would help the searchers, that He would bring some answers to the family. And yesterday that answer came," he said.

Sgt. Bert Paquet told reporters shortly after Saturday's discovery that he estimated close to 30,000 volunteer hours were donated during the search.

He said the creek was identified early on as a spot that experts advised be searched.

"This appears to be exactly what we all thought it was — a tragedy," Paquet told reporters.

THE CANADIAN PRESS

TRAGEDY

University of Manitoba to hold vigil for Pakistan attack victims

The president of the University of Manitoba's Pakistani Students' Association says the group will be holding a vigil for the victims of the recent bombing attack in Pakistan.

Masroor Khan says the vigil will be held at 6 p.m. on Wednesday at University Centre and all are welcome.

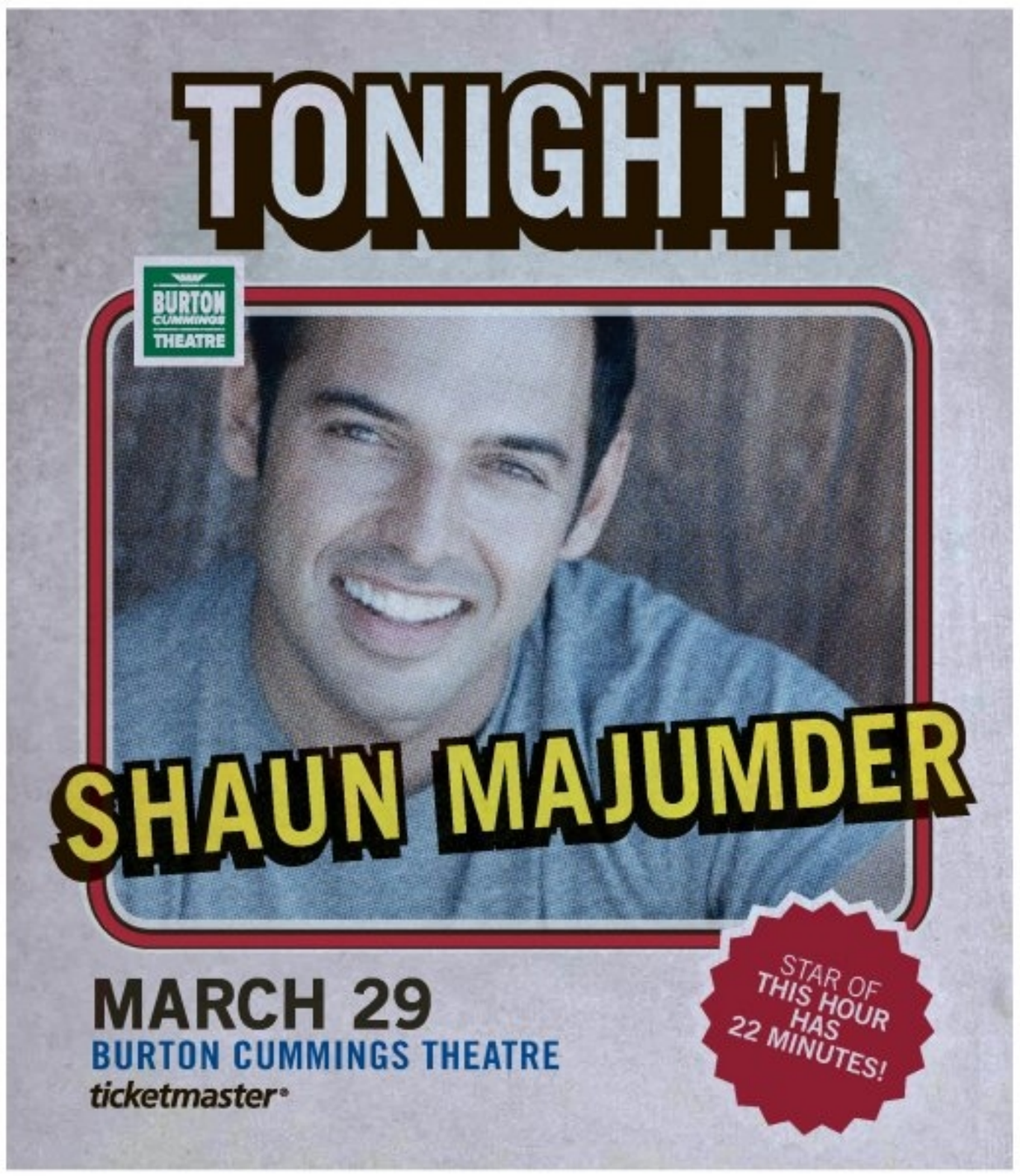
"The Pakistani Students' Association stands in solidarity with the victims of the cowardly attack that happened yesterday in Lahore, Pakistan," said Khan in a statement emailed to media.

"Lahore is known as the heart of Pakistan and it is saddening for everyone to see it hit by radicals. We want everyone to know that there is no belief system in the world that believes in terrorism or radicalism."

The death toll from a massive suicide bombing targeting Christians gathered on Easter in the eastern Pakistani city of Lahore rose to 70 on Monday, underscoring the ability of the militants to stage large-scale attacks despite a months-long military offensive targeting their hideouts.

The Lahore bombing, which was claimed by a breakaway Taliban faction that has publicly supported Daesh, took place in a park that was crowded with families, with many women and children among the victims.

At least 300 people were wounded in the bombing. METRO, WITH FILES FROM THE ASSOCIATED PRESS



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Bokhari tables fiscal plan

PROVINCIAL LIBERALS

Says if party wins, she'd run deficits longer, cap spending

A Liberal government in Manitoba would run deficits longer, avoid tax increases and impose spending caps on health care, social services and in other areas.

Liberal Leader Rana Bokhari on Monday outlined a fiscal plan to show how her party would pay for $143 million in promises made so far during the campaign for the April 19 provincial election — everything from new child-care spaces to northern food subsidies to a sales-tax reduction on haircuts.

The plan relies largely on deeper and longer deficits, which would be chipped away at by capping growth in government spending.

Health-care costs would be increased at four per cent a year, education at 2.5 per cent and all other departments at two per cent.

Rana Bokhari speaks to media on Monday. BRAEDEN JONES/METRO

"If we want to get ourselves out of the (Premier Greg) Selinger mess, that means we have to hold spending on everything." Bokhari said. "The plan is managed spending growth."

With spending restrained and economic growth expected to increase slightly as it does each year in the province, the Liberals predict they would eventually balance the budget by 2022 at the earliest -two years later than the incumbent NDP's plan.

> **We have to hold spending on everything.**
> Liberal Leader Rana Bokhari

The Liberal fiscal outline does not include their costliest promise — elimination of the corporate payroll tax which nets the province $400 million annually. That tax cut would be phased in after the budget was balanced, Bokhari said.

The plan relies on keeping the government's debt-servicing costs steady at $215 million a year, despite the increase in debt the plan contains. It also relies on a drain of $15 million annually from the province's rainy-day fund.

Bokhari added a balanced budget could be pushed back if there were any floods or other natural disasters. Manitoba dealt with costly flooding in 2011, 2009 and 2006.

"If there's a disaster, if something is happening to Manitobans (and) they need help, our target gets moved."

The Liberals have one seat in the legislature, but opinion polls suggest their popularity has risen sharply in recent months.

Much of that support has come at the expense of the New Democrats, who dropped in opinion polls after raising the provincial sales tax in 2013..

THE CANADIAN PRESS

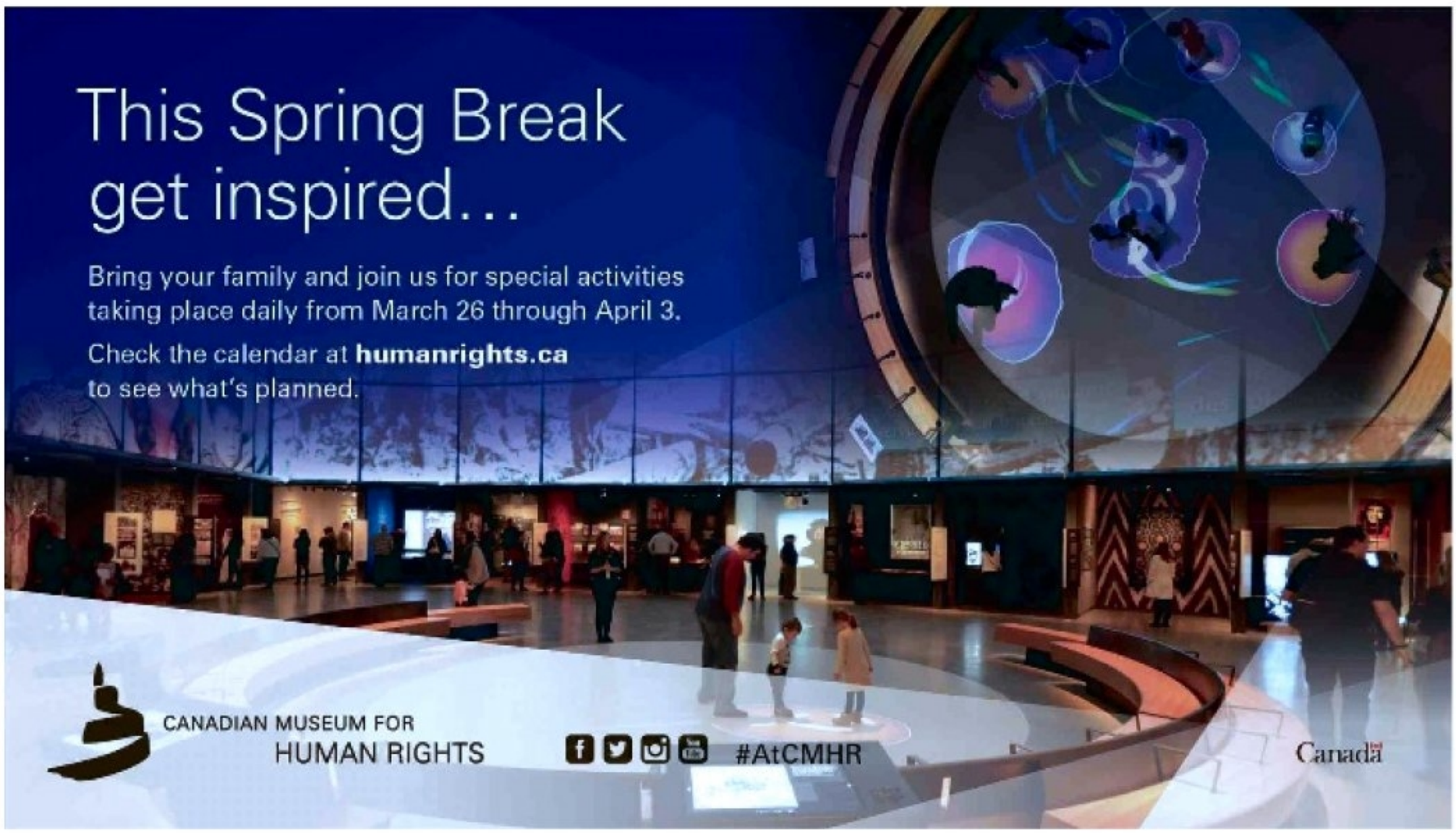
IN BRIEF

Tories promise more funds for education

On the campaign trail, Manitoba Progressive Conservative Leader Brian Pallister says he would double funding for post-secondary scholarships and bursaries. The program would be cost-shared with matching private donations. The price for the government would be $6.75 million a year. Pallister also says he would work with post-secondary advisory councils and industry to develop student-aid programs focusing on strong labour market outcomes. THE CANADIAN PRESS

NDP vow to cut fees for health-care fees

Manitoba New Democrat Leader Greg Selinger said his party would spend $20 million to cut the cost of ambulance rides in half and remove the per-kilometre ambulance fee for rural and northern patients. He also promised to double funding for an emergency paramedic program, which supports frequent ambulance patients and provides supports in their home communities. THE CANADIAN PRESS



Fifty trombones, one church

ARTS

Groups team up to perform commissioned 'Prairie suite'

Meg Crane
For Metro Winnipeg

Kenley Kristofferson practicing Prairie Trombone Suite for an International Trombone Week performance. MEG CRANE/FOR METRO

More than 50 people are about to toot their own horns —together.

Three trombone ensembles are gathering on April 9 to premiere Kenley Kristofferson's Prairie Trombone Suite during International Trombone Week.

"It's a group of very high-level musicians getting together and playing some very challenging trombone music for trombone ensemble," said Kristofferson.

Winnipeg's Manitoba Trombone Collective, North Dakota Trombone Choir and trombonists from the University of Brandon will perform together after the trombone section of the Winnipeg Symphony Orchestra run a workshop with university students who play the instrument.

Collectively, there will be more than 50 trombones at Grace Christian Church for the event, said Joel Green, Manitoba Trombone Collective's director.

"We're going to do this mass trombone thing with probably more trombonists than anyone has ever heard before in the same place at the same time," said Green.

This will be the group's first formal performance. The collective was initially started as a place where some of Winnipeg's many excellent trombonists could casually play together, Green said.

"When you get a whole group of them together — because it can function and it has such a rich, warm sound and so many different registers — then you get this really unique sound in a single instrument choir that doesn't really exist to the same extent in other instruments," Green said.

> **"We're really using the instrument to full capacity.**
> Kenley Kristofferson

They decided to do something a little bigger in honour of International Trombone Week and commissioned Kristofferson to write a piece for them, Prairie Trombone Suite.

"It's about, essentially, three aspects of where we live," said Kristofferson.

It starts with the Prairie sunrise, moves onto shenanigans in the wheat fields and ends with nightfall. "We're really using the instrument to full capacity, times eight, which is really fun," said Kristofferson.

The show, which is in support of Hands of Hope, costs $10 at the door and starts at 7 p.m.

Vancouver tattooist turns hurt into art

THERAPY

Auberon Wolf treats trauma with colour

Clients with scars from traumatic surgeries, suicide attempts and abuse are turning to a Vancouver tattoo artist for healing inside and out.

Auberon Wolf designs tattoos around cut lines from self-injury, burn welts and traces of physical violence, painting them into symbols of empowerment.

"You just can't help but think, what can you put there to help the person feel more comfortable in their own skin," said Wolf. "What can I bring to that with love and care, that's more than just art?"

The process, which may take weeks or months, can be more therapeutic than the finished artwork, said Wolf, 29.

During busy weeks, as many as 10 clients visit Wolf's vibrant studio to collaborate, paying with cash or traded skills.

Wolf's "most intense" work has coloured over wounded flesh up to a finger's-width thick, while the artist hopes in the future to ornament burn scars featuring more ripple and texture.

One of Wolf's favourite pieces is a watercolour fractal sunflower on the arm of a friend who cut herself as a street kid, helping the woman let go of her past identity. Another features a pattern of morning glories creeping around a woman's ribs, which Wolf said sent her into spasms as the process evoked anguishing memories of a miscarriage.

"There's something inherently radical about people carrying trauma investing in themselves, even if it's going to take them to a painful or triggering place," said Wolf. "We can rewrite that moment."

THE CANADIAN PRESS

During busy weeks, Auberon Wolf will collaborate with upward of 10 clients on their designs. DARRYL DYCK/THE CANADIAN PRESS

BUDGET

Hope blooms for women's shelters

When the new women's shelter in Melfort, Sask., is completed this spring, it will be the first shelter built in the province in more than 25 years and will meet a growing need for spaces for women escaping domestic violence.

Last week's federal budget has raised hopes that more projects like Melfort will spring up in areas where demand outstrips supply, including in the North.

The federal budget promised $89.9 million over two years that would allow 3,000 spaces to be renovated or created.

Lise Martin of the Canadian Network of Women's Shelters and Transition Houses said that if half the money went to new spaces, it would mean two new shelters for every province. Those facilities would address a shortfall in spaces that in just one day last year saw shelters turn away 302 women and 221 children because of a lack of resources, she said.

"The reality is yes, a lot of shelters are at capacity and the sad fact is, yes, there is a real need for greater creation of space," Martin said.

THE CANADIAN PRESS

IN BRIEF

Finance minister talks Canada Pension Plan

One's ability to retire in dignity is often driven "partially by luck," says Finance Minister Bill Morneau.

There's a role for government when someone in a private, defined-contribution plan — and who hasn't saved enough — happens to retire at a time when the stock market is down, he said.

He said he understands the financial challenges seniors face and that any Canada Pension Plan enhancement should be fully funded by those who will actually use it to avoid an "intergenerational wealth transfer."

THE CANADIAN PRESS

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TORONTO

Ford Nation says goodbye

They have lined up before — for a "Ford Nation" T-shirt or a bobblehead, for a quick cellphone picture, or to shake the hand of Toronto's most infamous mayor.

On Monday, Rob Ford's most dedicated supporters, nearly 300 by lunchtime alone, lined up at city hall to say goodbye — a few words, a blown kiss, a hand on the casket draped in Toronto's official flag.

A man who endeared himself to those who cared little for politics or politicians, Ford is being remembers by his boosters for the personal problems he fixed and the calls he returned.

"He was definitely a people person in every way ... I think he was in politics to help the people, the little man that needs help," said Hyacinthe Huron, 65.

Huron, wearing the T-shirt she kept from the Ford family's annual "Ford Fest" barbecue, was one of the early mourners to stand outside in line behind metal barricades.

"I loved Rob Ford. I think he was a good man and we've lost a very good leader," she said. "He could have become prime minister of Canada, but cancer said no."

Mourners kneel by the casket of Rob Ford as it lies in repose at Toronto City Hall on Monday. TORSTAR NEWS SERVICE

As the rain came down in the square named for another mayor, Nathan Phillips, on Monday morning a black hearse pulled up to the front doors of city hall, followed by limousines carrying Ford's extended family.

Ford's youngest child, Dougie and daughter Stephanie watched with their mother, Ford's wife Renata, from under an umbrella as members of the Toronto police chief's ceremonial unit lifted the casket and carried it inside under "Rob Ford Councillor" signs that were quietly returned to the Ward 2 (Etobicoke North) office windows last week.

TORSTAR NEWS SERVICE

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metro

Refugees healthy, challenges remain

RESETTLEMENT

Study notes it will take time for conditions to present

The vast majority of the 26,000 Syrian refugees who arrived in Canada by the end of last month showed up healthy, newly published government data suggests.

But while the study by Public Health Agency of Canada staff said the newcomers posed no risk to public health, it noted it will take time for chronic medical and mental-health conditions to present.

The Immigration Department has published data on some of the newly arrived Syrians, but the public health study is the first comprehensive look at the entire group.

All applicants had medical exams as part of the program, though how many were rejected for medical reasons is unknown. The review found of those accepted, two had potential cases of non-infectious tuberculosis.

None tested positive for syphilis or HIV.

Ten were sent to hospital upon arrival for possible communicable diseases, though none ended up a concern to public health. Another 54 were hospitalized upon arrival for other urgent reasons.

"Large-scale refugee movements place pressure on healthcare systems, both in their immediate response and as part of long-term resettlement efforts," the study, published this month in the Canadian Communicable Disease Report, concluded.

The study observed refugees tend to under-report chronic health conditions for fear of being rejected and estimated about five per cent of the arriving Syrians have some kind ongoing health-care need.

Mental-health issues will also take time to surface, the report said.

It also found a number of children arrived with illnesses including cancers, seizures and developmental disorders. Malnutrition and children with intellectual disabilities were also observed.

The incidence of those appears to be higher than in the general Canadian population, said Dr. Anna Banerji, the pediatrician who screened Syrian children as they landed in Toronto.

1 **Toothache patient Saly Samadi** waits to be treated during a visit to a clinic run out of the Toronto Plaza hotel, where 500 government-assisted Syrian refugees are staying.
2 **Nurse practitioner** Ghazala Hussain and Dr. Alexa Caturay check Saly. TORSTAR NEWS SERVICE

DENTAL CARE

The report noted the most immediate need upon arrival was catching up on immunizations and dental care. In Toronto, more than 500 dental emergencies were addressed.

In her day-to-day work with refugees, Banerji usually has time for a detailed physical exam, blood work, vaccinations and parasite checks.

With the Syrians, she was just putting out fires because of the volume of arrivals.

THE CANADIAN PRESS

MEDICAL

Things to know about refugees' health care

The latest Canadian Communicable Disease Report examined the health of the 26,166 Syrian refugees who arrived between Nov. 4, 2015 and Feb. 29, 2016. Here are five things to know:

1 All Syrians were screened before they were accepted to come to Canada. While all would-be immigrants, including refugees, must have a medical exam, the Syrians were examined on the same day as their interviews and security checks were done, in order to speed up the process.

2 None of those accepted arrived with illnesses considered a serious danger to public health. About a third of the children who arrived in Toronto had common viral illnesses. There was also a flu outbreak among 450 Syrians who arrived in Edmonton in late January.

3 There were some surprises. While the UN had told Canada that the Syrians could have high medical needs, those needs weren't specified. It has since emerged that some children arrived with conditions ranging from seizures to cancers. Some were malnourished and others had intellectual disabilities.

4 There are still big question marks around long-term needs. The study notes that many refugees don't report chronic conditions for fear they won't be accepted. It estimates five per cent may have chronic conditions that will reveal themselves over time.

5 Health-care costs were covered immediately upon arrival. Syrians were Canadian permanent residents when they landed, so coverage under the Interim Federal Heath Program didn't apply to those who came as government-assisted refugees. THE CANADIAN PRESS

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A police officer stands guard at the U.S. Capitol complex in Washington, D.C. on Tuesday after reports of gunfire. AFP/GETTY IMAGES

U.S. Capitol on alert after shots fired

SHOOTING

Authorities say this was a 'criminal act'

Capitol Police shot a man on Monday after he pulled a weapon at a U.S. Capitol checkpoint. The suspect was taken to a local hospital and a female bystander sustained non-life-threatening injuries.

The U.S. Capitol was on lockdown for about an hour and the White House also was briefly locked down. The suspect was known to officers, Capitol Chief of Police Matthew R. Verderosa told reporters. However, he would not confirm reports that it was the same man who disrupted the House chamber last fall by shouting.

That man, Larry Dawson, was issued a "stay away order" by D.C. Superior Court in October, ordering him to keep away from the Capitol grounds, court documents show.

"We do believe this is an act of a single person who has frequented the Capitol grounds before and there is no reason to believe that this is anything more than a criminal act," Verderosa said. Initial reports said a police officer was injured but they proved erroneous.

Capitol office buildings and the Capitol itself were re-opened for business about an hour after the initial reports of gunfire. The Visitors Center where the shooting occurred remained closed.

Police, some carrying long guns, cordoned off the streets immediately around the building, which were thick with tourists.

Cathryn Leff of Temecula, California, in town to lobby with the California Association of Marriage and Family Therapists, said she was going through security at the main entrance to the Capitol Visitors Center when police told people to leave immediately.

> I felt like I was in a movie. It didn't feel real at all.
> Cathryn Leff

Outside, on the plaza just to the east of the Capitol, other officers told those there to "get down behind this wall," she said. "I heard what sounded like two shots off to my left." After a while, police told her and others to keep running.

Amanda Smith of Columbus, Ohio, said she and her family were touring the Capitol and were in the Senate visitors' gallery when she heard police officers' radios start talking about shots being fired.

"Sure, we were worried," she said. "But there were lots of kids around so we didn't make too big a deal of it."

THE ASSOCIATED PRESS

JAMAAT-UL-AHRAR

Pakistan PM vows militant defeat

In an emotional televised address, Prime Minister Nawaz Sharif vowed Monday to hunt down and defeat the militants who have been carrying out attacks like the Easter bombing that targeted Christians and killed 72 people.

"We will not allow them to play with the lives of the people of Pakistan," Sharif said.

As the country began three days of mourning after Sunday' suicide bombing in the eastern city of Lahore, Sharif said the army would forge ahead with a military operation on extremist hideouts. Jamaat-ul-Ahrar, a breakaway Taliban faction that supports Daesh, claimed responsibility and said it specifically targeted Christians. But most of those killed were Muslims who also had been in the popular park for the holiday. Many women and children were among the victims, and dozens of families held funerals Monday. At least 300 people were wounded.

Pakistan has suffered a series of attacks in recent months, and Sharif said militants are hitting "soft targets" like playgrounds and schools because military and police operations are putting pressure on their operations.

The attack underscored both the militants' ability to stage large-scale attacks despite a government offensive and the precarious position of Pakistan's Christians. THE ASSOCIATED PRESS

Pakistani civil society members sing the national anthem at the site of a suicide blast in Lahore on March 28. AFP/GETTY IMAGES

TENSIONS HIGH

Death toll up in Brussels attacks

As the number of victims in the Brussels suicide attacks rose to 35, Belgian police released a video of a mysterious man in a dark hat seen in the company of the bombers who attacked Brussels Airport, indicating that he is still at large.

"Police are seeking to identify this man," the Belgian Federal Police's website said Monday.

The video's release came as a Belgian magistrate also ruled that a man identified as Faycal C., who was arrested during the police raids that followed the March 22 attacks, could be released.

Faycal C. was among those taken into custody and facing preliminary terror charges. Belgian media reported the man was the mysterious suspect in the white jacket and dark hat spotted with the two bombers at the airport the morning of the attacks. But the Belgian magistrate ruled that new evidence uncovered by investigators revealed there were no grounds to keep Faycal C. in custody and he was released, the Belgian Federal Prosecutor's Office said.

The Belgian Federal Police's website posted a 32-second video of the still-unidentified suspect as he wheels baggage through the terminal alongside the bombers.

Tensions remain high in the city, particularly in the Brussels suburb of Molenbeek, where several of those involved in both the attacks on Brussels and those in Paris last November, hailed from. Belgian authorities also announced that three more people swept up in police raids that followed the attacks on the airport and on a Brussels subway train were being held on charges of participating in terrorist activities. THE ASSOCIATED PRESS

Belgium's Federal Police are seeking to identify this man suspected of being involved in the attacks. BELGIAN FEDERAL POLICE/THE ASSOCIATED PRESS

MIGRANT CRISIS

Greece fighting false rumours

The Greek government said Monday it will set up loudspeakers at the country's border with Macedonia to try and persuade thousands of refugees and migrants to ignore false rumours that the Balkan route to central Europe will reopen.

More than 15,000 people are refusing to move to government-built shelters around the country, and remain at the border with Macedonia and at the port of Piraeus, near Athens.

A spokesman for a government refugee crisis committee said authorities were struggling to counter false rumours on social media that borders could reopen.

"We are sending a team of translators (to the border) and loudspeakers will be set up to make public announcements," he said.

Macedonia's parliament, meanwhile, voted Monday to extend the state of emergency in regions bordering Greece and Serbia till the end of the year because of the ongoing migrant crisis. The vote allows continued deployment of the army along the border with Greece to patrol a recently built fence that lines the frontier. THE ASSOCIATED PRESS

DEAL IN PLACE

Greece is struggling to implement an agreement between the European Union and Turkey that would see refugees and migrants sent back to Turkey from Greek islands.

However, the deal requires the deployment of hundreds of European migration officers and others for the deal to work. THE ASSOCIATED PRESS

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Budgeting apps not enough

FINANCE

Planner advises targets and overhauling spending habits

Budgeting has a lot of unpleasant connotations. It's associated with cutting back on fun and pouring everything into savings. Add to that the amount of work it takes to track your cash flow, and it becomes even less desirable.

Budgeting apps have been trying to change that, making finances less of a burden and more enjoyable. They're catering to a group of people who recognize the importance of keeping a budget but balk at the work required.

In order to get any benefit from apps, people need to change how they look at budgeting, according to Alexandra Macqueen, a financial planner who teaches and writes about personal finance.

"The budgeting app alone is probably insufficient. People need guidance and coaching on … how should I be spending," she said.

Most budgeting apps do one thing very well, and that's providing a detailed overview of where you're spending your money, Macqueen said. But that's only half the work.

"You can have apps that say 'Last month, I spent x dollars on y expenditure category' ... but it isn't a spending plan. You need to have both components," she said.

A good budget needs both an overview and a plan on how to change spending habits so that more money is left over at the end of the month.

There's a common misconception that a spending plan basically means you don't spend money on frivolous items, but Macqueen said these "financial sins" shouldn't be such a large focus. Rather, that focus should be on meeting targets, like putting a certain percentage in savings or paying down debt.

"If your savings target is 20 per cent, and your emergency fund is fully funded, and you're paying down any debt you've got, then who cares if you're spending the rest of your money on Fabergé eggs and fur coats," she said.

Other apps let users cede more control in order to meet those targets. Apps like Daily Budget Planner let the user set goals, and then give the user a daily allowance to spend. Whether an app like that is useful depends on the person, Macqueen said. Someone who thinks they need help controlling their finances can appreciate being told exactly how much to spend.

A financial plan doesn't necessarily have to be about chasing down every penny either, Macqueen said. Rather, it should feel empowering to have control over your money again.

"It's not cutting down on every penny. It's 'You're spending this much, are you getting what you think is an adequate payoff from that?'"

TORSTAR NEWS SERVICE

The budgeting app alone is probably insufficient.
Alexandra Macqueen

Alexandra Macqueen says that in order for people to get any benefit from apps, they need to change how they look at budgeting. TORSTAR NEWS SERVICE

APPS

Which to choose?

Keeping a budget used to be hard. Now apps let people do many of these things automatically. Here are some apps trying to make sense of your cents:

Mint: This app lets users connect directly to their bank accounts, and monitors how money flows in and out. It also notifies you when credit card bills are due.

Goodbudget: This app works on an old-school method of budgeting — putting money in envelopes for spending categories, and tracking how much money is left in the envelopes. The app doesn't connect to bank accounts directly, but relies on users filling in each expense in the right category.

Daily Budget Original: This app asks users about their fixed income and costs, then gives them a daily budget they can spend. If you come under budget one day, the next day's budget increases, and those increases add up.

Fudget: Fudget focuses on balance — money in, money out. Users can input either an expense or an income, and the app keeps track of the balance.

TORSTAR NEWS SERVICE

SUBMISSION DEADLINE:
Wednesday, March 30 @ 12pm

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metro VIEWS
Your essential daily news
Tuesday, March 29, 2016

metroview

ABIGAIL PUGH

ON THE PSYCHOLOGY OF SEXUAL ASSAULT

“Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet it couldn’t happen like that.

An email to 20 friends gets the stories rolling in. Richly remembered, shyly told.

Viv*: “I went on a ‘date’ with a guy who took me back to his apartment. I was 18 maybe 19? I don’t know why I agreed to this. It’s not where someone goes ‘on a date.’”

Viv “could barely drink a beer” — and was raped after playing a drinking game. She has “one two-second memory” of it. “And then I just felt dirty all the time.”

She emails again to say that she’s shared this with nobody since: “Not my therapist, not my sister, not my husband.” She’s 43.

Laura was sexually assaulted by a friend’s grandfather at age 8. The man told the court it was “her fault” for wearing a “provocative outfit.”

Jess writes: “I remember one of my parents’ friends feeling my bum. I had that strange feeling of ‘What’s he doing that for? These are parents — yuk.’”

Here’s Sophie: “I was alone in France with a boy I was getting to know. For the first time that year I felt finally able to connect in French. All of a sudden he reached over and squeezed one of my nipples: hard enough to really hurt.”

Meet Amanda: “I went to university very young. One night, I went up to a man’s bedroom at a frat house: a bunch of other frat guys called me slut and poured beer all over me.”

Apart from the cornering, hurting and frightening in the fashion Ghomeshi was accused of, what do these memories have in common?

Viv recalls — question marks hers — “I acted like I wanted it?”

Jess: “I felt wanted and uncomfortable at the same moment.”

Amanda recalls: “I even saw that same guy again. When I told him I was a virgin, he said I had wasted his evening.”

* * *

Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet — again, of course — it couldn’t happen like that. Were such truthtelling cultivated among us, three of these friends wouldn’t be footnoting their letters to me that I’m the first they’ve told (“not my husband, not a therapist”).

All the emails talk of a shameful sense of collaboration; of having bought attention and paid dearly, with currency that was ill-understood at the time. Of grappling with a state of mind we don’t yet even have clear psychological (let alone legal) language for. A friend says: “If there was a word to describe wanting to please your abuser — á la Stockholm syndrome — we could just say, ‘Oh, that is a normal reaction,’ not a ‘contradiction to her testimony.’”

If the prosecutor had his own experience of this commonplace sensation we don’t yet have proper terms for, along with the courage to bring it on board, he and the witnesses could have had rich conversations full not of the one-note terror the media so simplemindedly assumes “victimhood” to be, but of a whole reeking splatter of emotions (because sometimes truth isn’t tidy and sweet-smelling). Or maybe he could’ve found an expert witness to shine a light right at all this and thus help hack out the terms?

Lucy DeCoutere’s handwritten loveletter to Ghomeshi is a hateletter to herself. She calls herself a “chicken s–t” for being wary of him; a “freak,” “a—le,” “ridiculous,” “sentimental” and “left in the dust.” When Lucy tells Ghomeshi: “You scared the hell out of me” she’s not referring to his alleged attack but to his “coolness.” The letter is steeped in contradiction: confusion and longing; shock and curiosity; regret and arousal.

My nipple-grabbed friend recalls: “To get angry was to lose connection to something I had only just gotten.” She could almost be Lucy.

I’ve been walking around in a daze since hearing from my friends. I want to mother my younger self and theirs. I want to slap Jian Ghomeshi. When my seven-year-old is older, I plan to sit her down and give her the training: “Lovely: don’t worry about his feelings. Worry about yours.”

If we can learn from this trial, maybe by the time my kid is dating, “sort-of-Stockholm” will be more usefully termed and therefore better acknowledged for the reality it is.

**The names of my friends have been changed and their accounts have been condensed and lightly edited.*

STEEPED IN CONTRADICTION Lucy DeCoutere and Jian Ghomeshi and shown together in 2003 in this exhibit photograph from Jian Ghomeshi’s trial. DeCoutere’s loveletter to Ghomeshi, a key piece of the defence’s case, can be a read as a “hateletter” to herself. HANDOUT/THE CANADIAN PRESS

‘If there was a word to describe wanting to please your abuser, we could just say, ‘Oh, that is a normal reaction.’

It’s time for us to stand with all terrorized people

Faisal Kutty
For Metro

“We almost turned it on when terrorists attacked Ankara since Turks are technically Caucasian,” wrote IslamicaNews referring to the popular Facebook feature that allows members to activate a flag overlay to show solidarity with and honour victims.

The satirical website, putting words in the mouth of a fake Facebook spokesperson, added: “But then we thought, come on ... they’re not like regular white people. Disqualified.”

IslamicaNews is not alone in noticing Western bias in the coverage of terror attacks. Victims are given extensive, sympathetic and prolonged attention when they are primarily white or non-Muslims, while the plight of similar victims in Muslim or developing countries are underplayed or even ignored.

While Western leaders made public statements of solidarity with Brussels (35 deaths), the silence was deafening after the terror unleashed the week before in Ivory Coast (22), Turkey (38), Pakistan (15), Nigeria (22), Syria (11) and Egypt (18). The Easter attack on March 26 in Lahore (65) got a bit more attention.

So far this year, as of March 27, globally there have been 238 terrorist attacks, of which eight took place in the West. Only the Brussels attack took more than two lives. Outside the West, 29 attacks had 10 or more deaths, 20 had more than 20 deaths, 13 had more than 50 deaths and three had more than 75 deaths.

Daesh, Boko Haram, Al Qaeda, Al Shabab and Taliban all have different goals, but they have one thing in common: They have all killed more Muslims than non-Muslims. Though exact figures are hard to muster, based on a 2011 report of the U.S. National Counterterrorism Center and the Global Terrorism Database, we can safely conclude that between 80 per cent and 90 per cent of the victims are Muslims.

One of the reasons for the selective mourning may be because non-Western targets may be perceived as one undifferentiated mass where violence is the norm. Why? Are the dead any less dead or their pain any less because they see more violence?

Another more plausible explanation is ingrained and subconscious racism. In the words of Edward Said, it is due to the systemic “otherization” of non-western people that has its roots in the Crusades and colonization.

The compassion gap places a hierarchy on who is to be grieved and nullifies assertions that everyone’s life matters.

We certainly can’t claim the moral high ground if notions of human dignity are attached to identity and how similar they are to us whether in reality or perception.

True humanity necessitates that we stand not only with Paris, America and Brussels, but with all terrorized people.

Faisal Kutty is an associate professor at Valparaiso University Law School in Indiana and an adjunct professor at Osgoode Hall Law School.

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Blood test for concussions? Researchers report some progress

From boxing to boffo box office

STAR WORKOUTS

High-def screens call for high-def training, says celeb trainer

Danny Musico had no plans to be a celebrity trainer.

But when "fellow (New Jersey) guy" and friend Bruce Willis called the former world champion boxer and asked for a favour — train then wife Demi Moore for G.I. Jane — he began on a course that led him to whipping an aging Rocky Balboa into shape.

Musico trained Sylvester Stallone for the sixth Rocky film, but it was his work on the Oscar-winning Million Dollar Baby that cemented his career. "It was just a whole landslide after Hilary Swank," he says.

Since then he's added Leonardo DiCaprio, Toby McGuire, the cast of HBO's Entourage and singers Jessica Simpson and JoJo to his client list. We talked to Musico from Beverly Hills in California.

What makes boxing a great workout?
It's a full-body workout. Professional boxers, they're probably the most incredible athletes, as far as being in shape, on the planet. As far as getting the body in shape, you're using every single part of your body. Right down to helping you with other things — better balance, coordination and agility — everything comes with the training of boxing.

What's an example of a boxing-inspired workout routine?
I train everybody today like I'm still training someone in boxing, so I do interval workouts. For example, you're going to come in with me and you're going to start by hitting a cardio machine for three minutes as hard as you possibly can. That's warming you up and you're coming off of that machine to catch your breath, you have 30 seconds to a minute to catch your breath and start the next exercise.

Then you're starting three minutes of hitting a (boxing) bag. I may break that three minutes up into 30 second intervals — 30 seconds on with speed, 30 seconds rest. By the time you complete that interval, you're going back to a cardio machine for another three minutes of all-out cardio. Off of there, it may be me making you do a set of curls. That's how your 60 minutes goes, non-stop.

Danny Musico's work on the boxing drama Million Dollar Baby cemented his career as a celebrity trainer. CONTRIBUTED

Is that what you call high-definition training?
Yes, HDT. The reason why it's called high-definition training, nowadays with the quality of TVs and all of our social media and everything else, you can right out see just about anything on the person you're looking at. You need high-definition training for high-definition TV.

As an actor and model yourself, you must have some insight into what it's like working in an industry so focused on body image. At the end of the day it's not about getting ready, it's about staying ready. You need to stay ready all the time for when that opportunity comes up, because you never know when it's going to be there. If you have to get ready for it when the opportunity comes, sometimes you miss it.

What are some tips for the average Joe who might not have the resources a celebrity does?
I could get you into shape with a rock and a stick. You don't need expensive gym memberships. It's just about consistency. You have to make sure you do it every day. We all want it. It's about how hard you're willing to work for it. Getting up every single day, working out, eating right, getting the proper sleep, not staying out partying. Those are just the basic tips that are actually the fundamentals of success.

TORSTAR NEWS SERVICE

> **I could get you into shape with a rock and a stick... It's just about consistency.**
> Celebrity trainer Danny Musico

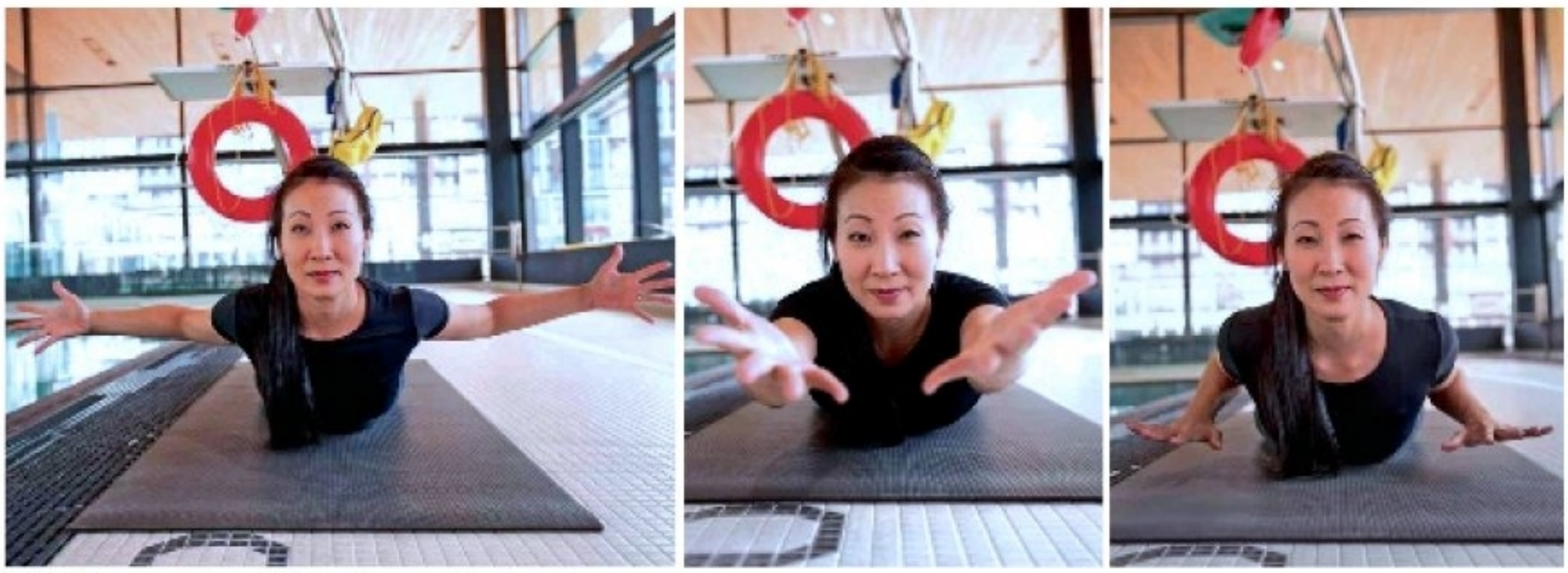
A yoga move for the water babies

CROSS FITNESS

Swimming cobra builds your back, helps shoulders

YuMee Chung
Torstar News Service

Swimming and yoga are so simpatico: they're both deeply relaxing, low-impact activities that emphasize mindful breathing. I unrolled my mat by the pool to bring you yoga designed for you water babies. It's a great way to strengthen the back while warming up your shoulders.



YuMee Chung goes through the motions of swimming cobra. TORSTAR NEWS SERVICE

Swimming Cobra

1. Lay face down on a yoga mat with hands resting underneath your shoulders. If your hips are especially bony, you may want to fold your mat in half to add extra padding.

2. Lift head, shoulders and chest away from the ground while keeping the pubic bone and tops of feet anchored.

3. Now lift the hands a few centimetres away from the mat, to ensure the extensors of the back are working to hold you up. Turn the palms to face skyward and do an exaggerated breaststroke. Imagine the movement originates at your shoulder blades and give them a little squeeze towards the spine as your elbows come in close to your sides.

4. Swirl the arms three times in one direction before heading in the opposite direction.

5. Finish by lowering to the ground and resting arms by your sides. Turn the head to one side and give the hips a little jiggle to nurture the lower back.

Swimmer's Shoulder

Swimming is an unusual sport in that it requires above-average shoulder strength, flexibility and range of motion. As a result, shoulder pain stemming from overuse, misuse and abuse is extremely common in competitive swimmers, so much so that it has been given the name swimmer's shoulder.

According to one study, swimmers who engage in other sports are less likely to have shoulder pain.

A number of prominent swimming clubs have even added yoga to their dry land training.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yogwa teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

RESEARCH

Caffeine increases miscarriage risk

Women have an increased risk of miscarriage if they or their partner consume more than two caffeinated drinks a day in the weeks leading up to conception, a new U.S. study found.

Women who drink more than two caffeinated beverages per day during the first seven weeks of pregnancy were also more likely to have a miscarriage, according to the study published online last Thursday in the journal Fertility and Sterility. But rates of miscarriage are reduced for women who take a daily multivitamin before and after conception. The study, carried out by researchers from the National Institutes of Health and Ohio State University, was based on data from the Longitudinal Investigation of Fertility and the Environment (LIFE) Study.

That study followed 501 couples in Michigan and Texas from 2005 to 2009, examining the relationship between fertility, lifestyle and exposure to chemicals in the environment.

The current study compared cigarette use, caffeinated beverage consumption and multivitamin use among 344 couples when the woman was carrying a single offspring. Of these pregnancies, 98 — or 28 percent — ended in miscarriage.

"Our findings also indicate that the male partner matters, too," said lead author Germaine Buck Louis, director of the Division of Intramural Population Health Research at the NIH. "Male preconception consumption of caffeinated beverages was just as strongly associated with pregnancy loss as females." AFP

HEALTH BRIEFS

Exoskeleton suit allows paraplegics to walk

California-based inventor Homayoon Kazerooni has unveiled a new exoskeleton that will allow paraplegics to walk, reports Zdnet.

With his suitX robotics company, Kazerooni developed Phoenix, the lightest exoskeleton available at 27 pounds. Kazerooni is dedicated to helping those with spinal cord injuries, and in 2011 offered a suit to pilot Austin Whitney, who was injured in a car accident. AFP

More than two caffeinated drinks per day in the weeks leading up to conception may increase the risk of miscarriages. ISTOCK

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Weekly Transit News Update

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Winnipeg

No. 1 story about no. 2

FLUSH WITH EMBARRASSMENT

First-date horror story goes viral on Twitter

Everybody poops. But most aren't as open about it as Toronto Twitter user Makela, aka "@blotty," who withheld her last name "so (she) can get a job in the future."

"I have a story to tell. It is about my poop," she wrote on Twitter in a series of 18 tweets that have gone viral, detailing a first-date horror story in which she retrieved the offending matter from a toilet, wrapped in toilet paper and put it in her purse, and went back to kissing her date on his couch.

Some of the tweets have garnered upwards of 8,000 retweets and thousands more likes, with users calling her a "hero" and asking for her autograph.

At the time of nature's call, 19-year-old Makela didn't consider "holding it," she told Torstar News Service in an exclusive interview.

"This is just something that happens. Everybody poops," said the Calgary native, who plans to go to university for social work or psychology in September. "I don't think I realized what I was doing was completely insane until I put it in my purse and I sat down (on his couch) and he called me beautiful."

Her story, reminiscent of an episode of Comedy Central's Broad City in which a character removes a poop from a toilet during a power outage, has not been verified by the Star. Makela insisted that the story is true: "I didn't make it up. If I wanted to do something for attention I wouldn't pick something SO embarrassing," she wrote on Twitter.

Toronto's Makela (@_blotty on Twitter) tweeted a story about removing poop from her date's toilet when it didn't flush. TWITTER

> **Now I'm just the poop girl.**
> Makaela a.k.a. @_blotty

When the toilet wouldn't flush in her date's bathroom, she got crafty. Makela removed the offending matter using a glove of toilet paper, and wrapped it up into a small package with more toilet paper, at which point she decided it was best to put the waste matter in her purse's inner pocket and get back to her date.

On the couch where they kissed and he called her beautiful, all she could think was "I have a piece of my poo in my purse," she tweeted. When she had a moment, she texted her sister for advice, who suggested she pretend she was a smoker and dispose of the dropping outdoors.

A few hours passed and her date used the bathroom. She heard a flush, and figured he had fixed the toilet, so she had to try flushing it again.

"I brought my purse up to the washroom. Unwrapped the poop, prayed to every god I know, put it in and flushed," she wrote. Her prayers were answered: "By the grace of God, it worked. The poo flushed. I was free. I was in the clear. Everything was going to be okay. I survived. I am a survivor (sic)."

"All of the hard work I put into being a hot girl is tarnished by one teeny tiny poop story," she wrote on Twitter. "Now I'm just the poop girl."

But, a "confident, calm and self assured woman," Makela will try to get more out of the unexpected Internet fame than Twitter users claiming her tweets belong in an art gallery. On Wednesday, she sent a tweet-plea to Ellen DeGeneres asking to be on her talk show. After all, "My poop is popular," she wrote.

Makela has not received a response from DeGeneres' camp.

Instead, she has set up a PayPal.Me account accepting contributions to her "new purse fund." She has since dumped the original purse.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Chelsea Does listen, learns something

THE SHOW: Chelsea Does, Season 1, Episode 3, Racism (Netflix)
THE MOMENT: The round table

Comedian and talk-show host Chelsea Handler sits at a boardroom table surrounded by members of several anti-defamation leagues. "When you make fun of Asian people on television, it gives other people permission to," the spokesman from the Media Action Network for Asian Americans tells her. She replies that she makes fun of everyone.

The advocate from the NAACP tells her that it's racist to joke that black men have large penises. She insists that he should be flattered, not offended. "If you're attacking everyone, you eliminate the concept of racism," she maintains.

In all four Chelsea Does episodes (the other three are Marriage, Silicon Valley, and Drugs), Handler sets herself up as a typical American — ignorant, but with strong opinions. As in the scene above, she appears to be listening, but she's mainly talking. She travels around the U.S., or the world, and asks a lot of questions. By the end, she's learned (and taught us) something.

It's a simple conceit, but the strength of Handler's interviews makes it work. She's not afraid to offend, so she asks bold questions; she's genuinely curious, so she sparks conversations. Ultimately, what she thinks doesn't matter — what matters is the forum she gives others.

Chelsea Handler, left, with activist Al Sharpton. CONTRIBUTED

In the final minutes of this episode, a Native American spokesman tells her America is in trouble because it's all about "me," whereas his people think in terms of "us." If we could all do that, racism would evaporate. A sign that Handler has learned something: She doesn't retort.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

Marie-Philip Poulin has been named Canada's captain for the women's world hockey championship for a second straight year

Jets fail to spoil Flyers' playoff push

NHL

Giroux plays OT hero as Philadelphia keeps pace

Claude Giroux scored at 4:46 of overtime, and the Philadelphia Flyers beat the Winnipeg Jets 3-2 on Monday night for a crucial win for playoff positioning.

Giroux also had an assist and Wayne Simmonds and Mark Streit scored in regulation for the Flyers, who began play tied with Detroit for the final playoff spot in the Eastern Conference. The Red Wings topped the Buffalo Sabres 3-2 won Monday night.

The Flyers blew a two-goal lead and appeared to be headed for a shootout before Giroux's clutch play. Philadelphia is just 2-8 in the tiebreaker this season and 32-70 since its inception.

Shayne Gostisbehere made a nice play to keep Mark Scheifele from clearing the puck from Winnipeg's zone, and it went to a wide-open Giroux right in front of the goal. The captain sent a wrist shot off the chest of Winnipeg goaltender Ondrej Pavelec and into the net, touching off a wild celebration for the Flyers.

Scheifele and Blake Wheeler scored for Winnipeg.

Wheeler netted his 20th of the season 2:35 into the third period, tying it at 2. After Wheeler did good work transitioning from defence to offence, he passed it to Scheifele along the left boards. Scheifele returned a backhanded pass to a wide-open Wheeler in the middle and the centre lifted a wrist shot high over goaltender Steve Mason.

Gostisbehere nearly won it for the Flyers in regulation, but his wrist shot from the top of the right circle with 5-1/2 minutes left caromed off the post. Each of the rookie defenceman's 16 goals this season have tied the game, given Philadelphia the lead or been game-winners.

After a lacklustre first period by the Flyers returning from a four-game road trip for the first of three straight at home, Streit scored 41 seconds into the second period to give Philadelphia a 1-0 lead. Sean Couturier sent a cross-ice pass to Streit in the slot and the defenceman one-timed a wrist shot under Pavelec's right arm for his sixth goal of the season.

THE ASSOCIATED PRESS

The Flyers' Mark Streit scores early in the second period on Ondrej Pavelec at Wells Fargo Center in Philadelphia on Monday. BRUCE BENNETT/GETTY IMAGES

MONDAY In Philly

3	2
FLYERS	JETS

AHL

Kosmachuk on fire since Moose return

Scott Kosmachuk was the catalyst in Manitoba's third win in their last four games, notching a pair of goals Monday night as the Moose clipped the Charlotte Checkers 2-1 in front of 6,284 at MTS Centre.

Kosmachuk — re-assigned to Manitoba on Thursday following eight games with the Winnipeg Jets where he tallied three assists for the parent club — found the equalizer midway through the second and converted again on a third period power play. Kosmachuk's five goals in his last five AHL games leapfrogs Chase De Leo for the team lead with 17 on the year.

De Leo had a chance to match his teammate, ringing iron with the Charlotte goalie pulled for the extra attacker inside the final minute.

Charlotte opened the scoring just 86 seconds in as Checkers scoring leader Derek Ryan's point shot found its way through traffic — proving to be the only puck to beat Moose netminder Connor Hellebuyck, who finished with 26 saves for his 10th AHL victory of the season in addition to his 13 wins with the Jets.

Over the weekend the Moose (22-37-4-5) signed a pair of players; forward Brandon Denham out of Robert Morris University, and defenceman Sean Escobedo most recently with the ECHL's Greenville Swamp Rabbits.

The club also recalled goaltender Jussi Olkinuora from ECHL Tulsa, but fellow netminder Eric Comrie is expected to recover from a lower-body injury this week.

DARRIN BAUMING/FOR METRO

IN BRIEF

Parise named best of week

Minnesota Wild left-winger Zach Parise, St. Louis Blues goaltender Brian Elliott and Pittsburgh Penguins right-winger Phil Kessel have been named the NHL's three stars for the week.

Parise had five goals and seven points in three games, Elliott stopped all 52 shots he faced over two appearances and Kessel shared the league lead in assists (five) and points (seven). THE CANADIAN PRESS

Canadiens officially ousted

The playoff position that looked like a lock in November vanished on Saturday night when the Montreal Canadiens were beaten 5-2 by the New York Rangers.

That officially put the Canadiens out of the post-season for only the second time in nine years.

Now the only positive from the season will be a high draft pick.

THE CANADIAN PRESS

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MIAMI OPEN

Kuznetsova outplays Williams in 4th round

Serena Williams had been eliminated from the tournament for less than 20 minutes when she climbed into her white Mini Cooper with the checkerboard top and pulled out of the players' parking lot, fastening her seat belt as she drove.

A hasty departure, for sure.

Williams' 20-match winning streak at Key Biscayne ended Monday with a 6-7 (3), 6-1, 6-2 loss to Svetlana Kuznetsova in the fourth round of the Miami Open.

Williams was bidding for her ninth title in the event and her fourth in a row. But after a grueling first set that lasted nearly an hour, the No. 1-seeded Williams faded on a sweltering afternoon.

This is the first time she hasn't reached the Key Biscayne quarterfinals since 2000, when she lost in the fourth round to Jennifer Capriati. Williams, 34, hasn't won a tournament since earning her 69th title at Cincinnati in August.

Serena Williams GETTY IMAGES

"I did the best I could," she said during a postmatch news conference that lasted less than three minutes before she cut it off. "I can't win every match. These players come out and play me like they've never played before in their lives. I have to be 300 per cent every day."

The No. 15-seeded Kuznetsova won with defence, extending points until Williams would make a mistake. The Russian finished with only 18 unforced errors to 55 for Williams. In addition, Williams' serve was uncharacteristically unreliable. She hit 13 aces but also had nine double faults and was broken six times. Williams said the muggy 85-degree weather didn't faze her.

"Physically I'm fine," she said. "I don't know, I guess I didn't move today. Maybe that was one of the things that didn't work out for me."

Kuznetsova, 30, won Key Biscayne 10 years ago and is into the quarterfinals for the first time since 2009.

"I'm too old," she told the crowd. "I've been many times on this court. I love being back here, and I'm really happy with my performance." THE ASSOCIATED PRESS

IN BRIEF

Canada underdogs going into second U20 match

Having already lost 4-1 to England, Canada's under-20 soccer team looked to be behind the 8-ball when the English sent out an even stronger lineup complete with Manchester United's rising star striker Marcus Rashford for the second game in the series.

Canadian coach Rob Gale, meanwhile, fielded a young starting 11 that included a 15-year-old, 16-year-old and four 17-year-olds. And he told them to play with freedom against an English team whose club ties included Chelsea, Everton, Manchester City, Norwich City, Sunderland and Tottenham. as well as the Red Devils. THE CANADIAN PRESS

Mets' Matt Harvey may miss opening day

New York Mets pitcher Matt Harvey has been scratched from his final spring training appearance and could miss his opening day start at Kansas City on Sunday because of an unspecified related medical issue.

THE ASSOCIATED PRESS

Hayley Wickenheiser is taking part in her 13th women's world hockey championship. CHRIS SO/TORSTAR NEWS SERVICE

Wickenheiser takes on team mentor role

WOMEN'S HOCKEY

37-year-old playing in championship after surgery

Three of Hayley Wickenheiser's Canadian teammates weren't born when she won her first women's world hockey championship in 1994.

Defenceman Halli Krzyzaniak was 12 years old when she first saw Wickenheiser play in the 2007 world championship final in Winnipeg. When Krzyzaniak scored her first career goal for Canada in an exhibition game Saturday against Sweden, her childhood idol provided an assist.

"That was just surreal for me to say she was in on my first goal because I never thought that would have happened," Krzyzaniak said.

"For my generation, she was someone we really looked up to and kind of idolized and wanted to be, but I never thought I would be playing with her."

A few surgeons also thought Wickenheiser wouldn't be around to play with Krzyzaniak, but the 37-year-old from Shaunavon, Sask., is playing in her 13th women's world hockey championship this week in Kamloops, B.C., with eight screws and a metal plate in the navicular bone of her left foot. Wickenheiser chose a more optimistic surgeon when she underwent foot surgery in February, 2015.

"There's a lot of hardware in there," Wickenheiser said. "I didn't know if I'd play again. A lot of doctors said I could never play again. One guy said I could and I went with that guy."

Canada's all-time leading scorer in goals (168), assists (210) and games played (271) is also the all-time points leader in world championships with 85, including 37 goals. THE CANADIAN PRESS

NOVA SCOTIANS

Nova Scotians Jillian Saulnier of Halifax and Blayre Turnbull of Stellarton were set to face off against the U.S. in Monday night's game in Kamloops, B.C.

This is Saulnier's second time playing at a world championship, while Turnbull is a Team Canada rookie at the worlds.

METRO

MLB

Aaron Sanchez joins Jays' starting lineup

John Gibbons has settled on right-hander Aaron Sanchez being in the Toronto Blue Jays' starting rotation.

Sanchez's role — be it in the starting rotation or bullpen — was one of the most contentious issues in spring training for Toronto. But Gibbons settled the debate Monday.

"It's exciting for us all," Gibbons said of Sanchez, who beat out Gavin Floyd and Drew Hutchison for the starting job. "We think the sky is the limit for him.

"Who knows how good his career turns out? On one end of it, it's exciting to tell him; and on the other side, it's tough telling the other guys."

Sanchez, 23, has had a solid spring, posting a 1.35 earned-run average over 20 innings. But how long Sanchez remains in the starting rotation remains to be seen as Gibbons would only say Sanchez will open the season there, adding his workload will be monitored and he could return to the bullpen sometime during the year.

Sanchez started 11 games last season but did make 30 appearances as a reliever. He threw 92 1/3 innings during the regular season, then 7 1/3 innings in the playoffs.

> **"It's exciting for us all. We think the sky is the limit for him.**
> John Gibbons

Marcus Stroman will be Toronto's opening-day starter Sunday at Tampa Bay.

With Sanchez earning a starting role, Floyd will pitch out of the bullpen while Hutchinson, last year's opening day starter, was optioned to Triple-A Buffalo.

In other moves Monday, the Jays claimed catcher/first baseman Jesus Montero from the Seattle Mariners. To clear a roster spot, Toronto designated catcher A.J. Jimenez for assignment.

Montero, 26 appeared in 38 games with Seattle last season, hitting .223 with five home runs and 19 runs-batted in.

On Sunday, Hutchison escaped injury in Toronto's 7-3 exhibition win over Tampa Bay. He was struck in the back of the head by Jimenez's throw to second base on an attempted stolen base. Hutchison left the game as a precaution but told reporters afterwards he was fine. THE CANADIAN PRESS

Aaron Sanchez was named the Jays' fifth starter on Monday. CHRIS O'MEARA/THE ASSOCIATED PRESS

RECIPE Lamb Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lamb may seem decadent for a Tuesday night but these burgers will be worth it once you enjoy every cumin spiced bite.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients
- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano (or 2 tsp fresh)
- 1 tsp cumin
- salt and pepper
- mini pitas
- lettuce leaves, washed and torn
- tomatoes, sliced
- tzatzki

Directions

1. In a large bowl, mix lamb, onion, parsley, oregano, cumin and salt and pepper until everything is well combined. Cover and place in the fridge for 10 minutes.

2. Remove from the refrigerator and form the meat into small patties — you should get about 8 or 9 out of the batch. Place them on a clean plate.

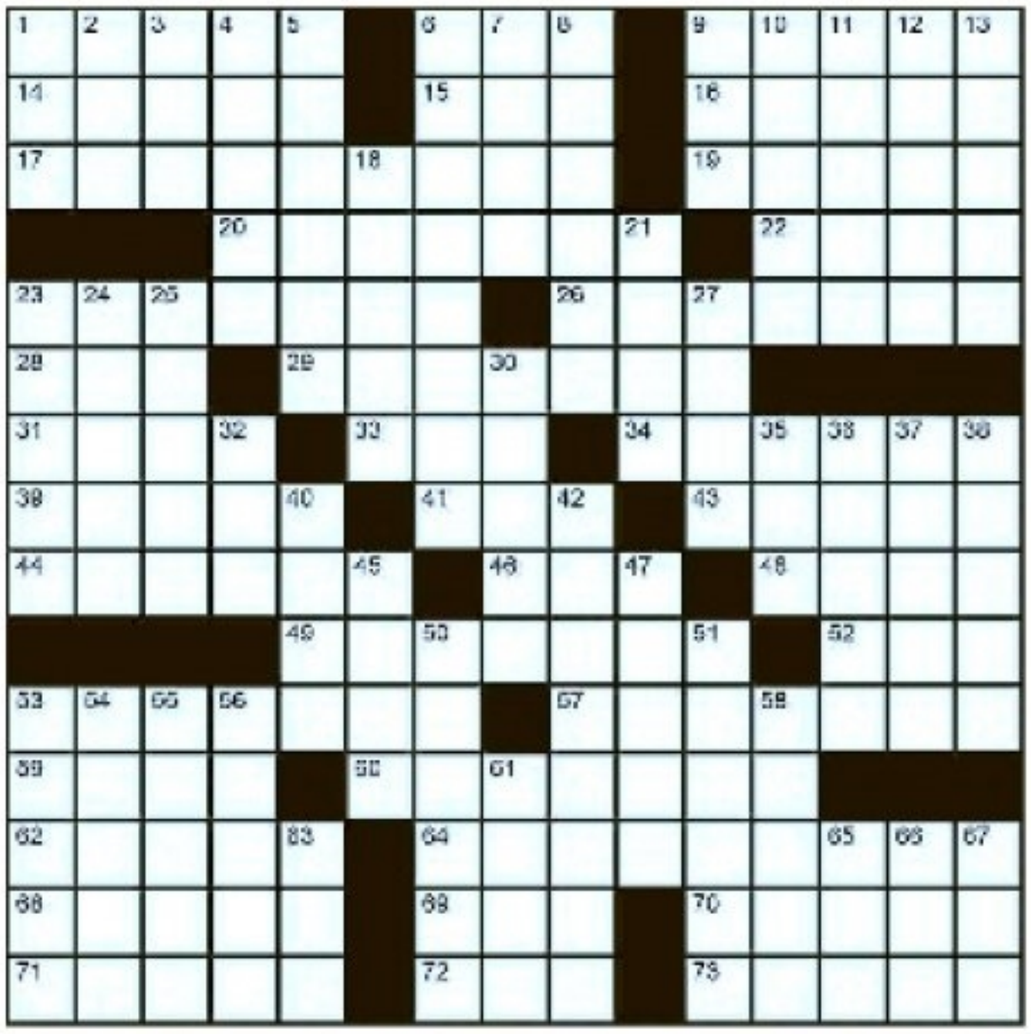
3. Heat your grill or pan to medium, medium/high heat and if you're using a pan, add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 degrees. You'll need to work in batches, you don't want to overcrowd the pan.

4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of tzatziki and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canuck music quintet, Canadian _
6. Q. "_ '_' what BC's big river starts with?" A. "Indeed, it's called the Fraser."
9. Colorado resort
14. Hokey
15. Pas toi
16. Gleamed
17. As per #8-Down... _ champions (#50-Down this year considering they won at the same event in 2015 in Shanghai)
19. Self-respect
20. Remove from the rough draft: 2 wds.
22. Pre-owned
23. Sunshine-y singer for The Waves
26. Joni Mitchell's "Raised on _"
28. Yalie
29. 1988 Margaret Atwood novel about a painter named Elaine Risley: 2 wds.
31. 'Cook' the cookies
33. Cleave
34. Talk, testy-style: 2 wds.
39. "Witness" (1985) folk
41. Fido
43. 1988: "Wishing Well" by Terence Trent _
44. American city hosting #8-Down
46. "_ la la!"
48. _ earrings
49. Bits of food taster
52. Abel's mom
53. Menswear item
57. Imagined
59. Beauty brand
60. As per #50-Down... Eric _
62. Hairy, like a horse
64. Experiment subject: 2 wds.
68. Rocker Mr. Winter
69. FMs opposites
70. Pain
71. Prepared
72. No, informally
73. Rationalist's belief in God

DOWN
1. Alphabetic trio
2. Caviar
3. Canine's communication!
4. Villain's grin
5. Representative, such as in business transactions
6. Mimicked
7. Mozart aria: "Dove _"
8. March 28th to April 3rd... 2016 ISU World _ Skating Championships
9. Naja Haje
10. Bush
11. Grace
12. Bitter-_ (Diehard)
13. Dependent
18. Alice's cat in "Alice in Wonderland" (1951)
21. Mattel products
23. Shish _ (Skewered appetizer)
24. Western starring Canadian actor Glenn Ford, "The Man from the _" (1953)
25. Polynesian amulets
27. Grand _, Ontario
30. Hawk's prey-spotting descent
32. Superlative suffix
35. "Woow!"
36. Preamble
37. Overhead
38. Click clicked on the computer
40. Party thrower
42. Aquarium denizen
45. Depilatory brand
47. Wading bird
50. Canadian pairs team set to compete at #8-Down... _ Duhamel & Eric _ (For Eric's last name, see #60-Across!)
51. Start over from the top of the page
53. One giving titles to books, say
54. Dodge
55. Line dance at a party
56. Prepare the pizza dough
58. Oft-quoted phrase
61. Russian assembly
63. Not wet
65. Hawaiian cuisine staple
66. Entries
67. Fitness facility

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are in a serious frame of mind today, you will want to deal with practical issues. You will not get sidetracked by frivolous matters.

Taurus April 21 - May 21
Any kind of research will go well today because you are determined to get answers and find what you are looking for. This could pertain to shared property or inheritances and such.

Gemini May 22 - June 21
This is an excellent day to sit down with members of groups or a personal friend to make long-range plans for the future. These plans might include your partner.

Cancer June 22 - July 23
You will impress bosses and people in authority today because you have a serious attitude. You want practical results now and in the long-term future.

Leo July 24 - Aug. 23
Make future travel plans today because you will cover every detail. This is a good day to explore avenues in publishing, higher education, medicine and the law.

Virgo Aug. 24 - Sept. 23
This is an excellent day to deal with red-tape issues regarding inheritances, taxes, debt and shared property. You won't overlook details, because you're on your game!

Libra Sept. 24 - Oct. 23
Serious discussions with partners and close friends will take place today. However, it will be a good thing because you will cover a lot of ground and get a lot done.

Scorpio Oct. 24 - Nov. 22
Choose today to tackle routine work you might have been avoiding. Your powers of concentration are excellent, and you will be detail-oriented. Just get it done.

Sagittarius Nov. 23 - Dec. 21
Romantic partners can discuss how to share expenses and deal with the division of labour in a relationship. Others will address the care and education of children.

Capricorn Dec. 22 - Jan. 20
It's a good day to think about home repairs or what needs to be done to fix broken items at home. You want solid solutions for practical problems.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for any kind of long-range planning, because you are in a practical frame of mind plus you are looking ahead to the future.

Pisces
Feb. 20 - March 20
If shopping today, you will want to buy only practical, long-lasting items. No ostrich boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	8			2				
2		1	8					
	4			5				
	5		1					
3		6				4		2
					7		6	
				6			2	
					9	3		5
				8			1	9

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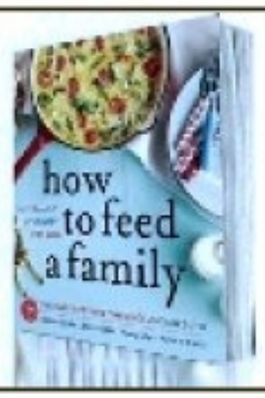
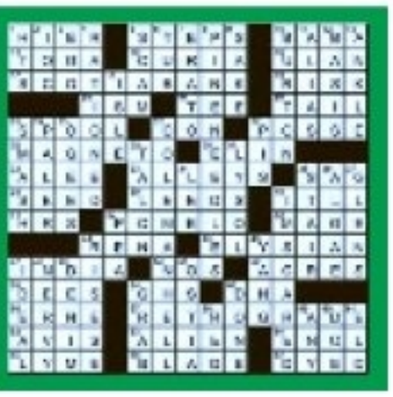


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	4	3	2	1	8	6	5	9
1	6	9	7	5	4	2	8	3
8	5	2	3	9	6	4	7	1
3	9	8	6	4	1	5	2	7
5	7	6	9	8	2	1	3	4
2	1	4	5	7	3	9	6	8
4	2	1	8	3	5	7	9	6
9	3	5	1	6	7	8	4	2
6	8	7	4	2	9	3	1	5



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